

Overnight Oatmeal

This recipe is easy and delicious. Great for breakfast on the go. Flavored yogurt could be substituted for extra sweetness. Try with any combination of fruit you have on hand!

Prep time: 15 minutes
 Cooking time: 6 hours
 Makes: 4 cups

Source: foodhero.org recipe/ overnight oatmeal

Ingredients

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat yogurt
- 1/2 cup nonfat or 1% milk
- 1/2 cup berries, fresh or frozen
- 1/2 cup chopped apple (about 1/3 a medium apple [3" diameter])

Directions

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours. (For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small jars with lids.)
4. Refrigerate leftovers within 2 hours.

Utensils Needed

- Knife
- Cutting Board
- Spoon
- Bowl
- Measuring Utensils



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	160
Total Fat:	1 g
Saturated Fat:	1 g
Cholesterol:	5 mg
Sodium:	55 mg
Total Carbohydrates:	27 g
Dietary Fiber:	3 g
Total Sugars:	9 g
Added Sugars:	0 g
Protein	8 g

SHOPPING LIST

Average total cost without oil and seasonings: \$11.13

Average cost/serving: \$2.78

Recipe makes: 4 Servings (total ingredients below would make more than 4 servings, bringing average cost per serving down)

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Old Fashioned Oats (42 oz)



Add 1 to Cart
Plain Yogurt 32 oz



Add 1 to Cart
Nonfat or 1% milk 1 qt.



Add 1 to Cart
Fresh Blueberries 1 pint



Add 1 to Cart
Medium Apple (5 oz avg.)

My Cooking Notes
